



Kingsport Senior Center News

March 2012
Volume XX Edition 02
1200 East Center Street
Kingsport, Tennessee 37660

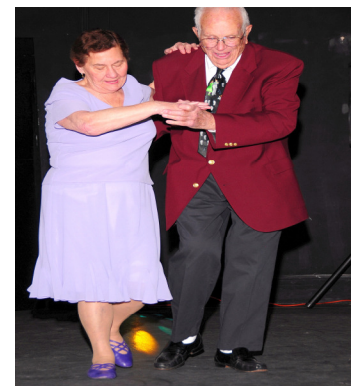
THE KINGSPORT SENIOR CENTER PRESENTS: SENIOR DANCE SHOWCASE



Wednesday, March 28, 2012
6:30pm-8:30pm
Renaissance Theater

**If you have ever been interested
in dance, then this is an
opportunity for you! Come and
enjoy a sneak peak of dances
offered by our dance classes at
the Senior Center.**

**Dances include:
Ballroom Dancing, Belly Dancing,
Clogging and Line Dancing.**



Reception immediately following in the 2nd floor Atrium.

Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior Center is located at
1200 E. Center Street at the Renaissance Center.
For more information call the Center at (423) 392-8400
<http://seniors.kingsporttn.gov>**

Center Hours

**Monday thru Friday 8:00 am ~ 7:00 pm
Saturday 9:00 am ~ Noon**

**Lynn View Senior Center Branch Site
Hours: 9am to 2pm ~ Monday ~ Friday
(See branch site page for more information)**

***The exercise room & computer lab will close
15 minutes prior to the closing of the Center.**

**Membership dues
For Fiscal year
July 1, 2012-June 30, 2013**

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out-of-County Residents

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
shirleybuchanan@kingsporttn.gov
392-8403

Branch Coordinator ~ Cindy Price
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392-8404

Wellness Coordinator ~ Kevin Lytle
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392-8400 **FAX** (423) 224-2488

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Branch Program Assistant ~ Diana Broyles
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247-5942

Nutrition Site Manager ~ Sona Bingham
246-8060

WELLNESS

WELLNESS SEMINARS

Understanding Final Expense & Life Insurance: Andrew Price, Unit Sales Manager with The Mackie Financial Group will be at the Center on **Tuesday, March 6, 2012** at 12:30 pm in the Card Room. Topic of discussion will be “Understanding Final Expense & Life Insurance”: There are many ways to cover your final expenses; life insurance is one of the most common ways, but life insurance will be very confusing. Do you have questions like: How do I know my life insurance will be there when I need it?, Does my life insurance ever end?, and why are my rates going up? This seminar will cover the do’s and don’ts when looking at life insurance. Feel free to bring your life insurance policy to make sure you understand how your policy works. Be sure to mark your calendar and plan to attend.

Mini Health Fair: The Senior Center will host a Mini Health Fair in the hallway, Billiards Room side on **Tuesday, March 27, 2012** from 9:00 am to 11:00 am. Come join us for a day of Wellness. Fall Assessments on the “Biodex” balance machine, Blood Pressure checks, Colon Cancer Awareness, and The VPX 2000 Vibration Therapy Machine which is used by physical therapists and chiropractors not only for bone density, but for circulation problems, joint pain, muscle weakness, arthritis, Fibromyalgia, and diabetes-related complications. Door prizes will be given at 11:15 am and you must be present at the time names are drawn to win. Participates for this event will be: Gastroenterology Associates, Life Care Center of Gray, Pro Care and Vibration Therapy Platforms. So mark your calendar for this very important date to be part of the fun.

Living on the Edge ~ Pre-Diabetes: Lisa Gilreath, Registered Dietitian and Certified Diabetes Educator from Indian Path Medical Center’s Health Resources Center at the Kingsport Town Center will be at the Senior Center on **Tuesday, April 10, 2012** at 12:30 pm in the Card Room. Topic of discussion will be “Living on the Edge ~ Pre-diabetes”: Have you been told you have pre-diabetes or borderline diabetes and wondered what you should do about it? This program will offer ideas for changing the course you are on.

Lunch-n-Learn: Come join us as we travel to HealthSouth Rehabilitation Hospital. We will depart the Center on **Friday, April 27, 2012** at 11:30 am and return at 1:00 pm. Cost is free for your transportation and lunch will be provided. HealthSouth Rehabilitation Hospital of Kingsport is an acute inpatient rehabilitation hospital treating more than 1,000 patients annually from our region. It offers care by physician specialists in physical medicine and rehabilitation, pulmonology, neurology, orthopedics, and internal medicine in a 50 bed acute care hospital. They are focused on helping patients achieve the best possible quality of life. Their inpatient treatment focuses on daily living activities so you can return home with greater function and independence. Sign ups will start on March 21, 2012 with only 23 seats available.

Volleyball Lessons

Dee Dee Mullins will be teaching volleyball lessons every Thursday starting, **March 01, 2012** at 12:00 noon in the Gym for the month of March only. The lessons are free. All members that are interested in volleyball are encouraged to attend these sessions. Remember this will only improve your game!

Fit Test

We will be doing a fitness test on **Wednesday, March 14, 2012** from 9:00 am to 10:00 am in Kevin’s office. We will test Body Fat%, Flexibility, Strength, and Weight using the 350 Body Composition Analyzer. Also your blood pressure will be taken. If you plan to participate in this event stop by the Office to fill out some paper work and sign up for the test. All members are invited and we hope to see you there.

First District Tennessee Senior Olympics

The First District Tennessee Senior Olympics is a special event for seniors 50 and older that combines a wide range of competitive activities. The objectives of the Senior Olympics are to recognize people who have achieved and maintained good health throughout their lives; promote physical fitness and the pursuit of lifetime leisure activities, and provide opportunities for fun, recreation and fellowship. The following counties are included in the First District:

- **Carter**
- **Greene**
- **Hancock**
- **Hawkins**
- **Johnson**
- **Sullivan**
- **Unicoi**
- **Washington**

This years District Olympics start with Golf on **Tuesday, May 08, 2012** at cattails of Meadowview, Kingsport. Track & Field on **Saturday, May 12, 2012** at Liberty Bell Track & Field, Johnson City. District Dates: **May 21 to May 25, 2012**. For more information visit the website www.tnseniorolympics.com or call Teresa Sutphin at 423-722-5120

FUNNY QUOTES OF THE MONTH

My grandmother started walking five miles a day when she was sixty. She’s ninety-seven now, and I don’t know where the heck she is.

- Ellen DeGeneres

A successful man is one who makes more money than his wife can spend. A successful woman is one who can find such a man.

- Lana Turner

Daily Activities and Classes at the Center

Monday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Quilting ~ 9:00 ~ Room 303
Open Woodshop ~ 9:00
Camera Club ~ Go to www.scphotogroup.com
Happy Day Singers ~ 9:45 ~ Travel
Clay, Intermediate / Advanced Hand building ~ 10:00 ~ Ceramics/Clay Room
Strength Training ~ 10:15 ~ Gym
Lap Swimming ~ 12:30 ~ DB Pool
Table Tennis ~ 1:00 ~ Gym
Knitting ~ 1:00 ~ Room 303
Volleyball ~ 4:00 ~ Gym

Tuesday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Dulcimer (Intermediate) ~ 9:00 ~ Atrium
Basic Woodworking (fee) ~ 9:00 ~ Woodshop
Reflexology/Chair Massage ~ 9:00 ~ Multipurpose Room (appointment only)
Basket weaving ~ 9:30-11:30, 12:00-2:00 Room 303
Strength Training ~ 9:30 ~ Gym
Renaissance Strings ~ 10:00 ~ Atrium
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Dulcimer (Beginning) ~ 11:00 ~ Atrium
Yoga and Laughter for Seniors ~ 11:00 ~ Room 302
Good Neighbors ~ 12:15 ~ Lounge
Lap Swimming ~ 12:30 ~ DB Pool
Massage Therapy ~ 1:00 ~ Multipurpose Room (appointment only)
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Pickleball ~ 1:00 ~ Gym
Jam Session II ~ 1:00 ~ Cafeteria
Basketball ~ 4:00 ~ Gym
Karaoke ~ (3rd Tuesday) 4:00 ~ Cafeteria
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Open Woodshop ~ 9:00
Clay, Beginning Hand building ~ 10:00 ~ Ceramics/Clay Room
Strength Training ~ 10:15 ~ Gym
Intermediate Clogging ~ 11:15 ~ Room 302
Hand and Foot Card Game ~ 12:30 ~ Card Room
Lap Swimming ~ 12:30 ~ DB Pool
Table Tennis ~ 1:00 ~ Gym
Belly Dance ~ (Women Only) ~ 1:00 ~ Room 302

Thursday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Woodcarving ~ 9:00 ~ Room 303
Reflexology/Chair Massage ~ 9:00 ~ Multipurpose Room (appointment only)
Basic Woodworking (fee) ~ Woodshop
Strength Training ~ 9:30 ~ Gym
Beginning Clogging ~ 10:00 ~ Room 302
Exercise for Everybody ~ 10:30 ~ Gym
Beginning Belly Dance ~ 11:30 ~ Room 302 (Women Only)
Jam Session ~ 12:00 ~ Cafeteria
Good Neighbors ~ 12:15 ~ Lounge
Lap Swimming ~ 12:30 ~ DB Pool
Massage Therapy ~ 1:00 ~ (appointment only)
Volleyball ~ 1:00~ Gym
Pickleball ~ 4:00 ~ Gym
Ballroom Dance ~ 5:00 ~ Cafeteria

Friday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
Open Woodshop ~ 9:00
Massage Therapy ~ 9:45 ~ Multipurpose Room ~ (appointment only)
Strength Training ~ 10:15 ~ Gym
Lap Swimming ~ 12:30 ~ DB Pool
Pickleball ~ 1:00 ~ Gym
Bridge Group ~ 1:00 ~ Card Room
Art Class ~ Painting ~ 2:00-4:00 ~ Room 303

Saturday ~

Basketball ~ 9:00 ~ Gym
Table Tennis ~ 10:30 ~ Gym



Massage therapist, Billy Burford, gives a demonstration during Rejuvenate in January.

TRAVEL AND SPECIAL EVENTS

"You Can Kick the Nicotine Habit" ~ Card Room ~
March 8, 2012 ~ 12:30pm-1:30pm ~ Cost: Free ~ **Sign up's began February 9.**

Out To Lunch Bunch ~ Applewood Farmhouse & Apple Barn Store Shopping ~ Sevierville TN ~
March 09, 2012 ~ 10:30 am until 4:30 pm ~ Cost is \$8.00 ~ Lunch is on your won ~ **Sign-up's began February 3rd.**

Annual Bean Luncheon ~ Room 239 ~ Friday,
March 9, 2012 ~ 11:30am-1:00pm ~ Cost is \$5.00 per person ~ **Tickets being sold now at table in front of Senior Center office.**

Manicures ~ Multipurpose Room ~ Tuesday, March
13, 2012 ~ 11:30am-2:00pm ~ Cost: \$2.00 paid to Manicurist ~ **Sign up's began February 14.**

Bead Bracelet Class ~ Multipurpose Room ~
Thursday, March 16, 2012 ~ 9:00am-3:00pm ~ Cost: \$30.00 paid to instructor ~ **Sign up's begin March 1.**

"Swamp Gas and Shallow Feelings" ~ Barter Theater ~ Wednesday, March 21, 2012 ~ 10:30am-5:30pm ~ Lunch at Chili's exit 7 ~ Cost: \$28.00 bus and ticket/ Lunch on your own ~ Sign up's began February 7.

Jam Session II

Every Tuesday beginning March 6.

1:00pm-2:00pm
Location: Cafeteria

Leader: Phil Shupe

Will play rock, blues and folk music.



Volunteer Luncheon

Tuesday, April 17, 2012

11:30am-1:30pm

Location: Room 310

Volunteers will receive an invitation by mail.



**Exceptional People.
Extraordinary Hearts.**



For recognition of our faithful volunteers during 2011.

Deadline to respond is Monday, March 19.

St. Patrick's Day Party

Thursday, March 15, 2012

12:15-1:15

Location: Room 239

Music provided by ETSU student Mitchell Cannon and friends.

NO COST
Sign up's begin March 2



Carol Madero, Millie Yascavage, Jean Eldreth and Frances Catron enjoy a refreshing treat during Rejuvenate in January.

TRAVEL AND SPECIAL EVENTS

DON QUIOXTE

Thursday, March 22, 2012
Location: Wellmont Regional Performing Arts Center
9:00am-3:30pm

Sign up's began January 25.

Hatfield & McCoy Dinner Show

Tuesday, April 3, 2012
Location: Pigeon Forge
12:30pm-9:30pm
Cost: \$53.00 all inclusive



Sign up's begin March 6.

OTLB: Chocolate Café & Coffee Company

Friday, April 20, 2012
Location: Greenville, TN
10:45am-3:30pm
Cost: \$5.00/ Lunch on your own



Sign up's begin March 1

Flat Rock Playhouse "Something Wonderful: The Music of Rodgers and Hammerstein"

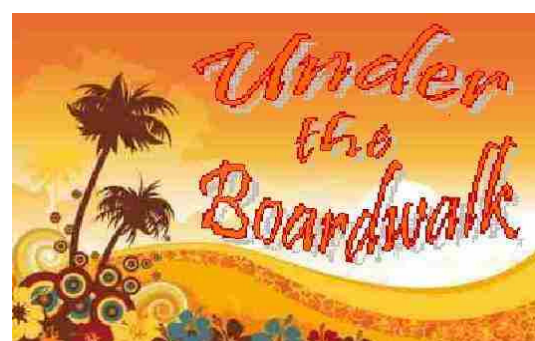
Thursday, April 12, 2012
Location: Flat Rock, NC
9:15am-7:30pm
Cost: \$44.00/ Bus & Ticket



Sign up's begin March 2.

Wohlfahrt Haus: Under the Boardwalk

Wednesday, April 18, 2012
Location: Wytheville
9:45am-6:00pm
Cost: \$44.00/show, lunch, transportation



Sign up's begin March 7.

Your Page

From the Dancing Corner

The Second Friday dance in March at Rascals will feature one of the most exciting bands in the Tri-Cities area: *The Mailmen*. These men combine lead guitar, bass guitar and keyboards to provide music that is great to dance to and nice to listen to. Jerry Hanger is a very special kind of musician: he not only plays a mean guitar, he sings and writes his own music. When he performs his own songs, it is a moment you will never forget. So come and welcome the Mailmen back to Rascals on Friday, March 9th. Don't forget to bring your friends: Rascals is a great place to hang out.

See you at Rascals on March 9th.

March Dance with Live Music from the Mailmen

When: Friday, March 9th, 2012

Time: 7:00 PM - 10:00PM

Where: Rascals Teen Center
125 Cumberland Street, Kingsport

The cost is \$5 per person. Please bring a dessert or snack to share.

National Senior League Wii Bowling

The Kingsport Senior Center has now joined up with the National Senior Wii Bowling League. Members of the team will compete against other state/regional Wii bowlers for the next 10 weeks. League begins the week of February 13 and ends the week of April16.

Team Name: Up Your Alley
Team Members: Joyce Manis, Charles Gray, Angela Price, George Price and Jim Allen

Annual Dog Show

Thursday, March 1, 2012

Time: 10:00am-11:30am

Location: At

Sign up day of show

Massage Therapy

Fridays with Debra Defrieze

30 minute massage \$15.00,
call (423)791-4693

And **Tuesdays with Billy Burford** call
(423) 341-4522

Schedule appointments by calling and pay
massage therapist day of appointment.

6th Annual Savvy Scrabble Social Game Night Fundraiser

Thursday, March 8, 2012

Check in: 6:00

Play begins: 6:30

Location: Ridgefields

More information call (423) 392-4643
Sponsored by: Literacy Council of Kingsport, Inc.

Basic Woodworking

6 weeks classes

beginning March 13, 2012

Senior Center Woodshop
9 to 11 am

Tuesdays and Thursdays
Cost: \$50, materials not
included

Participants will be making a basic cutting board,
small chest and
foot stool (if time permits)
Instructor: Howard Osborne

NEWS TO USE

AARP SAFE DRIVING

Wednesday, March 21, 2012
Friday, March 23, 2012

Location: Room 230

\$12.00 for members
\$14.00 for non members

Sign up's began February 22

Help Decorate Your Senior Center!

The Kingsport Senior Center is accepting entries for donated artwork and photography for the center, made by its members. Entries will be accepted during the months of March and April, bring in a photo of the piece, or the actual piece itself. Decisions on acceptance of the donated artwork and its placement in the center will be at the discretion of the Kingsport Senior Center Artisan Committee.



A Tasty Treat From Marsha

Chicken and Dumplings

Ingredients

- 3 large cooked chicken or one large can of chicken breast
- 1 can chicken broth
- 3 cups flour (I use self rising)
- 1 tablespoon baking powder (only if using all-purpose flour)
- 1 1/2 teaspoons salt (only if using all-purpose flour)
- 2/3 cup vegetable shortening (I use Crisco)
- 3/4 cup buttermilk or more if needed
- 1 (10.75 ounce) can condensed cream of chicken soup
- 2 cup skim milk
- 1/2 teaspoon
- 1/4 teaspoon ground black pepper

Directions

1. Cook the chicken in water or canned broth till tender. Remove from liquid and set aside, cool and shred.
2. While the chicken breasts are simmering, prepare the dumpling dough as you would when making biscuits. Work the vegetable shortening in with your fingers until the mixture resembles coarse cornmeal. Make a well in the middle and pour the milk. Stir together until a soft dough forms. Set aside or make ahead of time and refrigerate. Bring chicken broth, milk and cream of chicken soup to a boil, drop dumpling dough by teaspoons full into simmering broth one at a time to keep them from sticking together, and simmer until the dumplings have puffed and are no longer doughy in the center, 10 to 20 minutes. **DO NOT STIR as this will cause the dumplings to disintegrate into one big blob. You may shake the pot a little to make sure the liquid covers the dumplings.**

**KINGSPORT SENIOR CENTER
Spring 2012
Session I
Class Schedule**

Classes begin the week of
April 9
Classes end the week of
June 25
(Unless otherwise specified)

Computer Classes

Four - Six Week Courses ~ \$25

Two Day Seminars ~ \$15

One Day Seminars ~ \$10

Must sign up in advance of first class.

Payment is due the first day of class.

All classes other than basic require student to have basic computer skills, and have proficient skills in using a mouse , in order to take the class.

Individual help is available for persons with disabilities, in order to learn how to adapt settings on home computers. For more information or to schedule an appointment, call Mary at 392-8433

Excel

4 Class Sessions - March 14 - April 4, 2012

Wednesdays 9:00am - 11:30am

Cost: \$25.00

Library Book Day

**Will not meet in March and April.
Will resume May 17.**

Generations Online Internet Class

Monday, Wednesdays and Fridays

1:00 PM - 5:00 PM

This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine. This is a free class. Sessions are taught by a tutorial on the computer. "Peer Coach" - Shelia will be there to assist you. Contact Shelia in the computer room to make sure there Computer available for you.



**Renaissance Strings perform
at Rejuvenate in January.**

Genealogy Group

Friday's ~ Computer lab
9:00am



Spring Classes 2012		
<p>Aerobics</p> <ul style="list-style-type: none"> Monday, Wednesday & Friday (ongoing) Time: 8:30am - 9:15am Location: Gym Low Impact Aerobics <p>Aerobics</p> <ul style="list-style-type: none"> Monday, Wednesday, Friday (ongoing) Time: 9:15am - 10:00am Location: Gym Instructor: Terri Farthing Lo-hi Impact Aerobics <p>Art Class - Painting</p> <ul style="list-style-type: none"> Friday Time: 2:00pm - 4:00pm Location: Room 303 Instructor: Ann Thwaites All types of media; painting and drawing <p>Ballroom Dance</p> <ul style="list-style-type: none"> Thursday Time: 5:00pm - 6:00pm Location: Cafeteria Instructors: Walt & Margaret Baumgardner Learn to waltz, Polka and cut a rug <p>Basic Woodworking</p> <ul style="list-style-type: none"> Classes are 6 weeks Beginning March 13. Senior Center Woodshop 9 to 11 am Tuesdays and Thursdays Cost: \$50, materials not included Instructor: Howard Osborne 	<p>Ballroom Video Class</p> <ul style="list-style-type: none"> Tuesdays Time: 4:30pm - 6:30pm Room 302 No instructor, practice to own music <p>Basket weaving</p> <ul style="list-style-type: none"> Tuesday Time: 9:30am - 11:30 am & 12:00pm - 2:00pm Location: Room 303 Instructor: Lynne Bowers <p>Beginning Photography</p> <ul style="list-style-type: none"> Wednesdays & Fridays (5 sessions) Time: 3:00 - 5:00pm Cost: Free Room ? Instructor: Claude Kelly <p>Belly Dance for Beginners (Women Only)</p> <ul style="list-style-type: none"> Thursdays Time: 11:30am Location: Room 302 Instructor: Angela Price <p>Must have 8 for class to begin. Please sign up at office.</p> <p>Belly Dancing - (Women Only)</p> <ul style="list-style-type: none"> Wednesday Time: 1:00pm Location: Room 302 Instructor: Angela Price Great for your abdominals <p>Camera Club</p> <p>Please visit website for meeting times</p> <ul style="list-style-type: none"> Instructor: Claude Kelly Website: WWW.scphotogroup.com <p>French Lessons</p> <ul style="list-style-type: none"> Beginning April 14 9:00 am Card Room Cost: \$30.00 paid to Instructor: Fay Saffari 	<p>Ceramics</p> <ul style="list-style-type: none"> Tuesdays and Thursdays Time: 9:00am - 11:30am Location: Ceramic/Clay Studio Instructor: Mary Lamson Please remember your annual \$10 firing fee <p>Clay ~ Beginning Handbuilding</p> <ul style="list-style-type: none"> Wednesdays Time: 10:00am - 3:00pm Location: Ceramic/Clay Studio Instructor: Aleta Chandler 12 weeks: \$30, pay in office Limited to 8 participants <p>Clay ~ (Intermediate and Advanced handbuilding)</p> <ul style="list-style-type: none"> Mondays 10:00am - 3:00pm Location: Ceramics/Clay Studio Instructor: Aleta Chandler 12 weeks; \$30; pay in office (\$15 if taking both classes) Hand building * Please remember your annual \$10 firing fee <p>Clogging - (Beginning)</p> <ul style="list-style-type: none"> Thursday Time: 10:00am Location: Room 302 Instructor: Angela Price Must have 8 new beginners Sign up in office <p>Clogging - (Intermediate)</p> <ul style="list-style-type: none"> Wednesday Time: 11:15am Location: Room 302 Instructor: Angela Price

Spring 2012 Classes Continued

Dulcimer (Beginners)

- Tuesdays
- Time: 11:00am
- Location: Atrium
- Instructor: Peggy Ferrell
- Learn to play this beautiful Instrument

Dulcimer (Intermediate)

- Tuesdays, Time: 11:00am
- Location: Multipurpose Room
- Instructor: Ruby

Exercise for Everybody

- Tuesdays & Thursdays
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

Good Neighbors

- Tuesdays and Thursdays
- Time: 12:15pm
- Location: Lounge
- Staff
- Guest speakers, trips, bingo and fellowship

Happy Day Singers

- Mondays
- Time: 9:45am
- (3rd) Friday
- Time: 10:15am
- Inspirational singing at nursing homes

Harmonica Class

- Saturdays
- Begins April 14
- Time: 9:00 am
- Multipurpose Room
- Cost: \$5.00 per lesson
- Instructor: Bob Swartz

Jam Session

- Thursdays
- Time: 12:00 noon
- Location: Cafeteria

Karaoke

- 3rd Tuesday
- Time: 4:00 pm
- Location: Cafeteria
- Bring snack to share

Knitting Class

- Monday
- Time: 1:00 - 3:00pm
- Location: Room 303
- Instructor: Barbara White
- All skill levels

Lap Swimming

- M-F
- Time: 12:30 - 1:00 pm
- Location: Dobyns-Bennett pool
- No instructor, lap swimming

Mini Cardio Exercise Class

- Tuesdays, Thursdays
- Time: 8:45am - 9:15am
- Room: 302
- Instructor: Roger Hixson

Piano Lessons

- Tuesdays & Thursdays
- 8:00am - 11:00am
- \$15 (30 minute lessons)
- pay instructor
- Location: Multipurpose Room
- Instructor: Freda Karsnak
- Call for appt. 423-292-2711

Quilting

- Monday
- Time: 9:00am - 10:30am
- Location: Room 303
- Instructor: Shelia Davis

Renaissance Strings

- Tuesdays
- Time: 10:00am - 11:00am
- Location: Atrium
- Instructors: Lucille Hinke and Jan Fenelon

Strength Training

- Monday, Wednesday & Friday
- Time: 10:15am - 11:00am
- Location: Gym
- Instructor: Terri Farthing

Strength Training

- Tuesday, Thursday
- Time 9:30am - 10:30am
- Location: Gym
- Instructor: Kevin Lytle

Tai-Chi

- Mondays & Wednesdays
- Time: 8:30am
- Location: Senior center, Room 310
- Instructor: Hang Lei

Woodcarving

- Thursdays
- Time: 9:00am - 12:00 noon
- Location: Room 303
- Beginners welcome

Yoga and Laughter for Seniors

- Tuesdays
- Time: 11:00am
- Location: Room 302
- Cost: FREE
- Instructor: Dr. Sharmi Mehta
- **Requirement: bring a mat to class**



Virginia Fleenor, Kathy Mansfield and Millie Yascavage show off their prizes at this years Souper

Spring 2012 Branch Site Class Schedule

<p>Thank you to Colonial Heights Baptist Church for becoming our newest Branch site. See new classes below and watch for updates.</p> <p><u>Advanced Yoga</u></p> <ul style="list-style-type: none">• Tuesdays & Thursdays• Time: 11:00am - 11:30am• Location: First Broad Street UMC, Rec. Room• Instructor: Tish Kashdan <p><u>Ageless Grace *NEW*</u></p> <ul style="list-style-type: none">• Mondays & Wednesdays• 10:30 a.m.• Colonial Heights Baptist Church Family Life Center• Instructor: Larissa Powers• Begins March 12th• Ageless Grace is a fitness and wellness program. The program consists of 21 simple exercise Tools designed for all ages and abilities. These exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and mind. The 21 Tools have creative, imaginative names, so they are easy to remember. They are simple to do at home. The movements are designed to be performed seated in a chair, yet they can be done on a bed, standing near or behind a chair, down on the floor, or standing. Almost anyone can do them, regardless of most physical conditions. <p><u>Artist and Crafters Monthly Breakfast</u></p> <ul style="list-style-type: none">• March 13, 2012, 9:30 a.m.• Lynn View Community Center• Please call for reservation <p><u>Card Making Workshop</u></p> <ul style="list-style-type: none">• Thursday, March 22nd• 9:00 a.m.• Lynn View Community Center Art Gallery• Instructor: Becky Bellemy• FREE...will make 3-4 cards <p><u>Core Conditioning *NEW LOCATION*</u></p> <ul style="list-style-type: none">• Tuesdays & Thursdays• Beginning March 13– 10:00 am• Location: Lynn View Community Center• Instructor: Chris Hicks• Great for all ages.• Gain core strength	<p><u>Couponing Group</u></p> <ul style="list-style-type: none">• Ongoing• No FEE• Instructor/ Group Leader: Marlana Williams• Location: Lynn View Branch Site• Share coupons/ ideas/ guest speakers• 2nd Monday of each month/ 5:30• Intergenerational/ do not have to be a member to attend couponing group. <p><u>Drawing</u></p> <ul style="list-style-type: none">• Wednesdays• Time: 10:00 a.m. - 12:00 noon• Location: Lynn View Branch Site• Instructor: Jo Anne McDonough• Basic drawing class <p><u>Game Day</u></p> <ul style="list-style-type: none">• 3rd Tuesday of Month• Time: 12:00 noon• Lynn View Cafeteria• Group Leader: TBA• Sequence and variety of board games <p><u>Line Dance - Beginning</u></p> <ul style="list-style-type: none">• Monday• Time: 11:30am - 12:30pm• Location: Boys/Girls Club• Instructor: Lyna Faye McConnell• MUST WEAR SOFT-SOLED SHOES <p><u>Line Dance - Intermediate</u></p> <ul style="list-style-type: none">• Mondays• Time: 12:45pm –1:45pm• Location: Boys/Girls Club• Instructor: Lyna Faye McConnell• Faster-paced, less instruction for advanced dancers. <p>MUST WEAR SOFT-SOLED SHOES</p> <p><u>Pickle-ball</u></p> <ul style="list-style-type: none">• Wednesdays and Fridays• 2:00—4:00 pm• Lynn View Community Center <p><u>Pliates *NEW*</u></p> <ul style="list-style-type: none">• Mondays & Wednesdays• 9:00 a.m.• Lynn View Community Center• Instructor: Larissa Powers• Begins March 12th <p><u>Private Personal training with Chris</u></p> <ul style="list-style-type: none">• Call for appointment ~ 723-9967• Call for prices• Instructor: Chris Hicks	<p><u>Silver Sneakers Muscular Strength and Range of Movement *NEW*</u></p> <ul style="list-style-type: none">• Mondays & Wednesdays• 10:00 a.m.• Lynn View Community Center• Instructor: Chris Hicks• Begins March 12th <p><u>Silver Sneakers Yoga Stretch *NEW*</u></p> <ul style="list-style-type: none">• Mondays & Wednesdays• 11:00 a.m.• Lynn View Community Center• Instructor: Diana Broyles• Begins March 12 <p><u>Strength Training</u></p> <ul style="list-style-type: none">• Tuesdays & Thursdays• Time: 9:00 a.m.• Location: Lynn View Community Center• Instructor: Chris Hicks <p><u>Total Body Workout</u></p> <ul style="list-style-type: none">• Mondays & Wednesdays• Time: 9:30am• Location: VO Dobbins Community Center Gym #2• Instructor: Terri Bowling <p><u>Volleyball *NEW*</u></p> <ul style="list-style-type: none">• Wednesdays & Fridays• 11:00 a.m. - 2:00 p.m.• Lynn View Community Center <p><u>Yoga</u></p> <ul style="list-style-type: none">• Tuesdays & Thursdays• Time: 11:30am - 12:30am• Location: First Broad Street UMC• Instructor: Tish Kashdan <p><u>Walking/Indoor</u></p> <ul style="list-style-type: none">• Mondays and Wednesdays• Time: 10:30– 11:30• Location: Colonial Heights Baptist Church Family Life Center• More times to come.... <p><u>Zumba Fitness</u></p> <ul style="list-style-type: none">• Tuesdays & Fridays• Time: 10:45 am• Location: Lynn View Community Center• Instructor: Brooke Taylor• Minimum of 8 students required <p>*COMING SOON*</p> <p><u>Piloxing</u> - Piloxing is a unique cardio blend of Pilates and Boxing. It is based on interval training where you go from high intensity...boxing, to lower intensity active recovery...pilates. This brings the heart rate up and down and burns more calories. This class will be offered at Colonial Heights Baptist Church. Watch for times and dates.</p>
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CLASSES BEGAN THE WEEK OF January 9, 2012 UNLESS OTHERWISE NOTED.

Kingsport Adult education classes are administered by The Kingsport Senior Center.
For more information or to sign up for a class, please Call 423-392-8400

All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.

JOB SKILLS

Beginning Heating Ventilation and Air Conditioning Certification Preparation

- Call 423-392-8400 to be placed on an interest list
- Fee: \$165
- Tuesdays 6:00pm - 9:00pm
- Instructor: Jim Dotson
- Location: Multipurpose Room, Renaissance Center

There will be 2 more 10 week sessions following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students, must pre-register.

CULTURAL/ARTS/CRAFTS

Fly Tying

- Call 423-392-8400 to be placed on an interest list
- Tuesdays
- 6:00 p.m. - 8:00 p.m.
- Instructor: Joseph Aimetti
- Fee: \$10 plus supplies
- Supply list available at sign up
- Location: Lynn View Community Center

Learn to tie basic flies used in fly fishing.

Couponing Group

- Ongoing
- No FEE
- Instructor/ Group Leader: Valeri Rhea
- Location: Lynn View Community Center
- Share coupons/ ideas/ guest speakers
- 2nd Monday of each month 5:30 p.m.

Beginning Clay *NEW*

- 8 week class (Beginning April 10)
- Fee: \$75 plus \$10 clay and \$10 firing fee
- Instructor: Kara Bledsoe
- Minimum: 8 students
- Maximum: 15 students

This is a beginning hand building clay class. You will learn basic hand building techniques. **You will complete 8 different projects.**

HEALTH/EXERCISE

Beginning Golf Lessons

- 6 weeks
- Fee: \$25
- Tuesdays 6:00 p.m.
- Instructor: Wallace Ketron
- Begins April
- Call for more information

Zumba Fitness

- 6 weeks
- New Class April 5th
- \$25 fee per session
- Instructor: Becky Lifford
- Location: Lynn View Community Center, Cafeteria

Ageless Grace *NEW*

- Mondays & Wednesdays
- 10:30 a.m.
- Fee: \$25/ 10 weeks Senior Center Members and Colonial Heights Baptist Church Members FREE
- Colonial Heights Baptist Church Family Life Center
- Instructor: Larissa Powers
- Begins March 12th
- Ageless Grace is a fitness and wellness program. The program consists of 21 simple exercise Tools designed for all ages and abilities. These exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and mind. The 21 Tools have creative, imaginative names, so they are easy to remember. They are simple to do at home. The movements are designed to be performed seated in a chair, yet they can be done on a bed, standing near or behind a chair, down on the floor, or standing. Almost anyone can do them, regardless of most physical conditions.

HEALTH/EXERCISE CONT

Pliates *NEW*

- Mondays & Wednesdays
- 9:00 a.m.
- \$25/ Senior Center Members FREE
- Lynn View Community Center
- Instructor: Larissa Powers
- Begins March 12th

Personal Training with Chris

- Instructor: Chris Hicks
- Available by the hour or as package
- Contact Chris (423-741-5643)

DANCE CLASSES

Beginning Line Dance

- 8 weeks
- Fee: \$25
- Instructor: Lyna Faye McConnell
- Thursdays, 6:30pm - 7:30pm
- Location: Lynn Garden Community Center

Couples Country Dance

- 8 week class
- Begins February 15
- Fee \$25 or free if you take Line Dance class
- Instructor: Lyna Faye McConnell
- Wednesdays, 6:00 p.m.
- Location: Lynn Garden Community Center

Salsa Dance

- 4 weeks (Began February 21st)
- Fee: \$10 for 8 classes
- Tuesday & Thursdays
- Time: 1:00
- Room 302, Renaissance Center
- Instructor: BJ Golliday

COMING SOON*

Piloxing - Piloxing is a unique cardio blend of Pilates and Boxing. It is based on interval training where you go from high intensity...boxing, to lower intensity active recovery...pilates. This brings the heart rate up and down and burns more calories. Watch for times and dates.

KINGSPORT SENIOR CENTER ARTS SHOW

March 6- April 27, 2012

AREA SENIORS ARE INVITED TO FEATURE THEIR ARTS AND CRAFTS IN A SHOW IN THE 2ND FLOOR GALLERY : MARCH 6TH- APRIL 27TH.

WORKS ELIGIBLE ARE: DRAWINGS, PAINTINGS, SCULPTURE, PRINTS, FIBER ART AND HAND BUILT CERAMIC WARE.

ALL ENTRIES MUST HAVE BEEN COMPLETED WITHIN THE LAST TWO YEARS. ONLY ORIGINAL WORKS OF ART WILL BE ACCEPTED. ARTISTS MUST BE 50 YEARS OF AGE. THIS IS A JURIED SHOW AND ALL JUDGING DECISIONS ARE FINAL.

*All artists assume the risk associated with showing work. Kingsport Senior Center and the City of Kingsport are not liable for any damage or loss.

AWARDS ARE AS FOLLOWS: 1ST PLACE--\$75; 2ND PLACE--\$50; 3RD PLACE--\$25; AND PEOPLE’S CHOICE AWARD--\$25.

ENTRY FEE IS \$5.00 FOR THREE PIECES, ANY ADDITIONAL ENTRY WILL COST \$2.00. –Payable in the senior center office. PLEASE DROP OFF ARTWORK BETWEEN FEBRUARY 31- MARCH 2, IN THE SENIOR CENTER OFFICE.

A reception recognizing artists will be held at 12:30 on MARCH 6TH in the Atrium Gallery.

REGISTRATION AND ENTRY FORM (Please Print)

Name: _____

Address:_____

Phone:_____

ENTRY CATEGORIES:

Name of Piece	MEDIUM	Price
#1_____		
#2_____		
#3_____		

Easter Egg Hunt

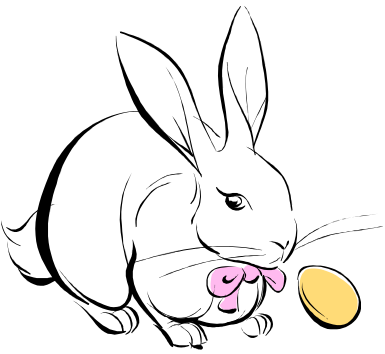
Thursday, March 29, 2012

1:30pm-2:30pm

Front Lawn

Sign up's begin March 1.

Sponsored by:
New Vision Youth



Easter Lunch

Thursday, April 5, 2012

11:30am-1:30pm

First Floor of the Senior Center

Sign up's begin March 6.
Must sign up by Monday, April 2.
Bring a covered dish!!!



OMEGA HEALTH CHALLENGE

Challenge Your
Brain!!!



Saturday, March 24, 2012

First Floor of the Senior Center

9:00am-1:00pm

The Omega Challenge is one of the most fun events offered by the Kingsport Senior Center. It is a team event; teams consist of 4 to 5 people. Your team will compete in various fun, mind boggling challenges.

Sign up's began February 3.

Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400

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